

A circle is a group of people in which everyone has a front seat.

Lifelong Welcomes Diane Dawson as the New Executive Director of Lifelong



Diane Dawson is the new head of the Lifelong/Tompkins County Senior Citizen Agency.

Board of Directors President Barbara Hulbert announced on August 22 that Diane Dawson has assumed the post as head of the Lifelong/Tompkins County Senior Citizen agency.

Diane has served Lifelong since June 2010 as the Retirement Services/HIICAP Coordinator. She is exceptionally qualified by background and temperament to take the agency's helm at this time. Di-

ane came to Lifelong with background in administration, finance, fundraising and supervisory experience from her years at Cornell University and with volunteer public service roles in our community including government service, City Federation of Women's Organizations and the National Federation of Music Clubs. Diane is also a private practice Life Coach. While at Lifelong she has served as the Lifelong representative on the Tompkins County Safe Medication Disposal Coalition and on the Cornell Cooperative Extension Consumer and Financial Education Program Committee.

Her passion for seniors and her dedication to meeting their needs is obvious to everyone who knows her. Lifelong is the area's largest provider of services to senior citizens; its motto is "Enhancing the Second Half." Dawson called her

appointment "Exciting, a genuine honor. To be able to work shoulder to shoulder with such talented, hard-working people every day on behalf of such an inspiring mission is everything I could ask for." She welcomes your calls, e-mails and visits and will be developing opportunities for more open forums with members and program staff at Lifelong.

This is our opportunity to welcome Diane in a very direct way in support of programs at Lifelong which reach seniors all across the County. We hope you will encourage other neighbors and friends to join Lifelong, become involved in Lifelong Learning activities and travel, seek out volunteer opportunities with RSVP and help us attract new instructors and new program ideas. Please join us in welcoming Diane to her new role.

SENIOR FOCUS Carmela Savarese: A Caregiver with Inspirational Resiliency

By Robert Levine

Carmela Savarese was born in Brooklyn, New York in 1933 and lived in New York City her entire life until she was 73 years old. At that point, she had been retired for 3 years and found herself wanting more familial connection. So, she decided to take her nephew and his family up on their offer and move to Ithaca, New York, or as she calls

it, "The Country."

Carmela has had quite a colorful life filled with adventure and sacrifice. Unfortunately, she lost her mother when she was only 15 years old and her father was burdened with personal problems. In search of a new home, her uncle welcomed her into his house, and Carmela, previously an only child, grew up with three "siblings," a younger brother and two older sisters. While they were cousins by blood, she was treated like a sibling and learned the importance and benefits of a tight-knit Italian-American upbringing.

Her two older sisters cared for her, and her sister Millye, and Carmela, unknowingly began a relationship of sacrifice and commitment that from which we can all learn. For example, Millye literally changed her name so that Carmela would feel more comfortable; that is, Millye was originally her middle name and Carmela was her first. In order to avoid the confusion of both girls being called Carmela, Carmela's older sister changed her name from "Carmela Millye" to "Millye Carmela."

Years later, Millye married and had her own family, including four boys and a loving husband.



Carmela Savarese.

Carmela also married, though her husband was far less loving and that marriage lasted only 5 years. Again, Carmella found herself searching for a home. Before she could search far, Millye called and invited Carmela to live with her and her family, saying that help with the kids would be her rent. Carmela willingly accepted the offer to be a part of such a loving family during this time of transition. She had no idea of the tragedies that would strike this family and how important she was

going to be to its survival.

After the birth of her third son, Millye began to show some signs of mental illness. As mental health issues were much less understood

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Senior Circle
Lifelong, Enhancing the Second Half
119 W. Court St. • Ithaca, N.Y. 14850
CHANGE SERVICE REQUESTED

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Flu Vaccinations Available at T.C. Health Department

September 14, 2011 – (Ithaca, NY) Should you get a flu shot this year? Here’s an easy answer: Everyone, Every Year (Everyone over the age of 6 months). This is the recommendation of the Centers for Disease Control and Prevention (CDC) and the Tompkins County Health Department (TCHD). A flu shot is the best protection against the flu – it protects you and limits the spread of flu to others, particularly infants under the age of 6 months who are too young to be immunized.

This year Tompkins County Health Department (TCHD) is providing flu vaccinations at its location at 55 Brown Road – across from the airport. There is plenty of free parking.

For your convenience, appointments are necessary. Call **607-274-6609**. Flu shots will be available beginning Wednesday, September 21.

The cost is \$25.00 for adults 19 years of age and above. Cash and checks accepted; no credit or debit cards. The Health Department bills Medicaid, Medicare Part B and Blue Cross Blue Shield.

The Health Department ordered less vaccine this year than in the past due to the increased availability of flu vaccine at multiple venues in the community such as pharmacies and other health care providers.

TCHD has not yet received its supply of free flu vaccine for children through the federally funded Vaccine for Children program. However, the Department expects to receive it in mid-October and it will begin making appointments for children when the vaccine arrives. As supplies are available, flu immunizations will be free for anyone 6 months through 18 years of age. Check the website www.tompkins-co.org/flu for updates.

While flu vaccination is the best prevention against the flu, basic prevention practices are always important to keep in mind to prevent the spread of influenza and other respiratory diseases.

- Wash your hands frequently with soap and water or alcohol based sanitizer.
- Cover your nose and mouth with a tissue during coughs and sneezes; discard the tissue.
- Keep your hands away from your face, eyes, mouth and nose.
- Clean frequently used surfaces such as door knobs, telephones, keyboards.
- Stay home from school, work, and social engagements if you have flu symptoms to protect others.

For more information call 607-274-6609 or go to www.tompkins-co.org/flu or www.cdc.gov/flu.

The Home Energy Assistance Program (HEAP)



HEAP is a federally funded, state-run program to help people with low income to obtain a heat benefit. If you received a benefit last year, you will receive an application in the mail by October 1st. If you do not receive an application, please call Office for the Aging at 274-5482.

If you have never received a HEAP benefit, you may call the Office for the Aging at 274-5482 and give them your information and an application will be mailed to you around the middle of November.

The Office for the Aging processes HEAP applications for the following people:

- Individuals over 60 years of age who are not receiving food stamps or public assistance
- Individuals under the age of 60 and receiving a disability benefit

Income Guidelines are:

HOUSEHOLD SIZE	MONTHLY INCOME
1	\$2146.00
2	\$2806.00
3	\$3466.00

Medical Transport Services



AMBULANCES
Bangs bangsambulance.com **1-607-273-1161**, or **1-800-439-9072**. Non-emergency ambulance or wheelchair-user transportation. Bangs may not be covered by insurance.

VETERAN INFORMATION
Disabled American Veterans Volunteer Transportation Network: If a Veteran is receiving VA medical care at the Tompkins/Cortland County VA Clinic at Freeville, call **1-607-591-7388** to request a ride to the VA clinic. Must have 48 hour advance notice.

Disabled American Veterans Volunteer Transportation Network: Call **1-800-221-2883** ext. 54352 to request a ride to the VA clinic. Must have 48 hour advance notice.

Angel Flights for Veterans Services for financially needy veterans/active duty military person or their family member(s) to access

distant specialized medical evaluation, diagnosis, treatment, or rehabilitation. **1-800-296-1217**
www.angelflightsveterans.org

BUSES, ETC.
TCAT buses www.tcatbus.com **1-607-277-7433**

Call for information on routes or the TCard payment system. Half price fares for youth, seniors and people with disabilities. Routes to Cayuga Medical and Convenient Care.

Gadabout: 1-607-273-1878
Rides by reservation for people 60 or over, or people with disabilities. \$1.50 per one-way trip within the City of Ithaca; \$2.00 for trips that start or end outside city limits.

ADA service: Persons with disabilities may be eligible for ADA paratransit services provided by Gadabout that covers, and in some cases goes beyond, areas served by TCAT. To learn more, call TCAT: **1-607-277-7433**.

CityVan 1-607-277-7777
Can provide rides directly to Cayuga Medical; Option for those that don’t have TCAT access and live in the Newfield or Enfield; Must provide 24 hours notice.

Ithaca Airline Limousine 1-800-273-9197
Provides seniors with rides to Syracuse for doctor’s appointments only, for \$75.00 round trip with 48 hour notice.

Chemung Transit 1-607-734-5211
Chemung Transit will pick up on their direct route from Ithaca to Elmira; Call for pick-up information.

Tioga County Area Transit System www.tiogacountyNY.com **1-607-699-7433**
Provides rides from Ithaca to Waverly and provides half-fare for seniors and ADA eligible riders; Call for pick-up information.

Greyhound to Rochester 1-607-272-5930
Regional bus with service from Ithaca bus station to Rochester Greyhound Bus Station/Amtrak Station at cost of \$22.50 for one way trip.

Greyhound to Syracuse 1-607-272-5930
Regional bus with service from Ithaca bus station to Syracuse Greyhound Bus Station/Amtrak Station at cost of \$14.00 for one way trip.

VOLUNTEER RIDE SERVICES
FISH - Friends in Service Helping <http://www.fishoftc.org> **1-866-255-6545**

FISH volunteers provide rides to Tompkins County residents in need of medical and health related services **that are within Tompkins County.**

Gadabout 1-607-273-1878

Rides by reservation for people 60 or over, or people with disabilities. \$1.50 per one-way trip within the City of Ithaca; \$2.00 for trips that start or end outside city limits.

American Cancer Society Road to Recovery 1-800-ACS-2345

Program Volunteers are often available to take patients to treatment and appointments. Especially helpful for people who need to travel into or out of Tompkins County.

OTHER TRANSPORTATION SUPPORT SERVICES

Medicaid Transportation Assistance 1-607-274-5330

County of Tompkins: Medicaid Information 1-607-274-5359
Government sponsored program to help low-income families pay for healthcare, transportation to medical appointments.

1/2 Price TCAT Passes TCAT offers half-price tickets for Seniors or those with Social Security Disability, Social Security supplemental Income or Veterans Affairs Benefits.

2-1-1 Information and referral for basic information on all transportation options. Dial **2-1-1**

Car repair assistance 1-607-272-5062

Through Catholic Charities for those who qualify.

Angel Flights-Corporate Angel Network 1-866-328-1313
May help get a free flight on a corporate airplane for treatment or a second opinion; Often flies from the Elmira/Corning Airport to the New York City area.

-Denotes wheelchair accessible

Considering Driving In Retirement: It’s Not All Or Nothing

*By: Ray Weaver,
Way2Go Transportation Educator,
Cornell Cooperative Extension of
Tompkins County*

Driving can quickly turn from a convenience to a chore, and even a struggle, as we age. Studies have found that older adults continue to drive, not because they want to, but because they think they have to. Many seniors feel that it is an inconvenience to family and friends to provide them with rides, or they are simply not aware of the transportation programs and services available. Yet, with slowed reaction time and increased visual and hearing impairments, continuing to drive can be dangerous. The good thing is it’s not “all or nothing”.

With the winter months upon us,

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DRIVING

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it's time to once again remember what you can do to decrease your chances of a vehicle-related accident. If you plan on driving at all this winter, make sure you, or your mechanic, do a thorough inspection of your vehicle including checking the wipers, making sure your battery is fully charged and see to it that the tires are properly inflated. To be on the safe side, keep a some snacks, a few bottles of water, gloves and an extra coat in your car. If possible, don't let your tank get less than half-full to avoid gas line freeze-ups and don't use the cruise control if it's wet, icy or snowing. Snow, rain and sleet can quickly turn a road into a slick surface. Consider not driving in rush hour traffic and other times when the roads are heavily congested and avoid driving late at night when visibility is poor.

If you are considering retiring from driving, or are taking a break for the winter, there are options to get you where you need to go, help keep you active in the community and keep you safe. While retiring from driving may seem like a loss of independence, it is anything but.

Gadabout is an option for by anyone who is over 60, or who has a disability. Gadabout picks you up at your home and will take you to your destination for \$1.50-\$2.00. Gadabout can be used Monday through Friday from 8am-4pm. TCAT works with Gadabout to provide ADA Paratransit services to those who are recognized under the Americans with Disabilities Act. Paratransit services run along the same routes as TCAT and during the same timeframe. Paratransit service through Gadabout is available on the weekends, too. If you aren't disabled, but are having a surgery and might be laid up for a bit, you may be eligible for temporary Paratransit services.

One of the untapped resources of Tompkins County is CityVan. CityVan will pick up Newfield, Enfield and City of Ithaca residents at their door and take them to anywhere within the city limits and to Cayuga Medical Center for \$3.00 a ride. Not sure if CityVan will go where you need it to? Call Ithaca Dispatch at 277-7777.

If you find yourself outside of normal TCAT or CityVan routes, ridesharing may be an option. Zimride Tompkins was recently launched as a way for people needing rides to connect on-line. To get started, visit www.zimride.com/tompkins to register by entering your e-mail address and choosing a password. This will be your login each time you visit Zimride. Zimride confirms the identities of users by verifying e-mail addresses and allows users to "rate" each other. When you need to find a ride, enter your origin and destination and let Zimride match you up with others that are going the same way.

Zimride can be used for errands, medical appointments or even community events.

Still unsure about ridesharing with someone you don't know? Consider asking people who participate in your favorite activities. Ridesharing is a great way to get to know someone and may provide extra motivation to be more active in your community. Studies have shown that many older adults feel isolated after retiring from driving, and inactivity can quicken the aging process. Combat this by joining a community group to stay busy and meet new friends.

Way2Go is a transportation education program of Tompkins County Cooperative Extension. Way2Go recently developed a workshop ti-

tled "Retiring from Driving, It Isn't The End!" for those considering giving up their car keys. A recent workshop attendee stated "When my daughter told me to stop driving, I was hurt." Understandable, but do you know the number one reason why people ask others to retire from driving? They care about them and want them to stay safe. The Center for Disease Control estimates that nearly 500 older adults are injured daily in car accidents. Injuries are often severe since senior's bones are frail. Even though seniors wear their seatbelts more than any other drivers or passengers on the road and have the lowest DUI rate, they are at a higher risk for injury. If you are unsure about retiring from driving, you can ask

your doctor for a driving assessment. Your physician will check your reaction time, vision, hearing, and will discuss if any medications you are taking may interfere with your driving ability.

Way2Go is also working with friends and families who want to speak with their loved ones about retiring from driving. If you are considering driving retirement or are thinking about having a conversation with a loved one about driving retirement, if you would like to host a workshop for a group you belong to, or if you are interested in more information about any of the programs or services mentioned in this article, contact Way2Go at (607) 272-2292 or visit us at www.ccetompkins.org/Way2Go.

Men as Family Caregivers

Caregivers' Corner



David Stoyell

Our society has regarded caregiving for older adults as a female role but, as with childcare, there are a lot of men who have taken on the role of primary caregiver of a parent, spouse, or other loved one. Men now make up nearly 40% of all family caregivers, although a smaller percentage of male caregivers are doing intensive caregiving (when caregiving progresses to the point that hands-on assistance with personal care is being given).

Men can be very effective as caregivers. The challenges faced are similar for men and women. There is a learning curve. Care partners need to learn about their loved one's condition and what kind of care they need now and are likely to need in the future.

That involves talking to health care professionals and others with experience in providing such care. There are lots of ways to connect with other care providers in your community and online. Contact the Caregivers' Resource Center here at the Office for the Aging to get an overview of community supports that you can draw on now and in the future.

Some men (and women) may need to learn new skills if their spouse or partner has handled the money management, cooking, or housekeeping tasks in the past. They may need to learn to bathe or dress a loved one. There may be some discomfort as first with unfamiliar tasks, and it may be especially so if a man is providing personal care for his mother. But over time, it will become easier.

Ask for help in learning new household tasks. A visiting nurse or aide can help you learn to provide personal care.

Men are more likely to delegate or hire an assistant to help with

personal care. Sometimes women will be slower to ask for needed help, feeling that it is "their job." As a result, women are more likely to suffer caregiver burnout. It is important for both men and women to decide which tasks they can do and get help with other tasks.

You cannot take care of a loved one if you are making yourself sick or depressed. So it is important to pay attention to whether you are eating well and getting enough exercise and sleep. It is a sign of strength when caregivers make it a priority to spend the time (and sometimes money) to keep going to an exercise program, social event, or engage in other healthful activities when the temptation is there to stay "on duty" all the time. Fortunately, it is easier for men than women to ask for needed help.

But men are not immune to making bad decisions. If a man (or woman) is using alcohol (drinking more than usual) or prescription drugs to cope, it's time to talk to his health care provider about how caregiving is impacting his own health. Caregiver counseling is also available in our community to help prevent caregiver burnout or help restore balance to one's life.

Although men as well as women have come to our local caregiver support groups, men are not as likely to be willing to express strong emotions. That's too bad. It is not a sign of weakness to express grief, anger or helplessness. It helps to communicate our feelings and may relieve some of our stress to do so. However, support groups are more than opportunities to talk about our stresses. Participants can also receive practical information from others who

have had similar caregiving challenges

Families are smaller. More women are working full-time. With longer life spans and geographic separation, it is inevitable that more men will be taking on caregiving roles. Society is starting to prepare boys and men to share more in household, childcare, and other domestic tasks. So it is likely men will be more psychologically ready to take on elder care responsibilities in coming years.

However, even if it is something that was never expected, remember that there are things that can be done to make family caregiving easier—and something in which a man can take pride. Give the Caregiver's Resource Center at the Office for the Aging a call (274-5482) to discuss whatever caregiving concerns you may be facing today or to plan ahead for anticipated eldercare challenges.

New Weekly Caregiver Support Group

Every Thursday at 6:30 PM at Lifelong
119 W. Court. St., Ithaca

Open to any unpaid caregiver for anyone concerned about an elderly spouse, parent or other relative or friend. For more information, contact the Office for the Aging, 274-5482.

Caregiving Talks

On the first Thursday of each month, the meeting will begin with a presentation by a local expert on a topic relevant to family caregivers. To receive monthly notices about speakers and topics, contact the **Office for the Aging** or email rlevine1@binghamton.edu.

Caring at Home: The Story of Millie and Bill

Lisa Kendall

Millie and Bill Tyler* lived in their home in Tompkins County for over fifty years, raising their children there and sharing the burdens and joys of a long and happy life together. The past few years had been especially difficult, though, as Bill developed serious heart and breathing problems, and becoming so weak that it became difficult to walk without a walker and oxygen.

Family members became worried about Millie, who was doing all of the cooking and cleaning, but also struggling to do the jobs that Bill had once done with ease, like mowing the lawn and taking out the garbage, and managing the household finances.

Millie was also helping Bill with bathing and dressing, which was very hard because he was a big man and she was so petite! It frustrated Bill to feel so helpless, and Millie sometimes cried when she was alone or outside in her garden. She was afraid to admit to anyone how tired she felt, and it scared her to admit that sometimes she felt angry, too.

When a neighbor suggested that Millie and Bill look into the Long Term Home Health Care Program, their first reaction was to say “no, thank you.” Bill didn’t want anyone but his wife helping him, and Millie didn’t think they could afford outside help coming in. When Millie injured her shoulder helping Bill in the bathroom, though, she finally agreed that some help was necessary, and in her heart she felt relieved.

A nurse came to the house to explain the program and assess Bill’s medical condition. As they talked with the nurse, the couple realized that if Millie weren’t in the home to care for him, Bill would have to be cared for in a nursing home.

The couple also learned that because of a federal law that protects married couples’ finances when one of them is ill, they were eligible for the Long Term Home Health Program, and that Medicaid would pay without any out of pocket expense in their case.** Their home, car, and retirement fund was not counted as an asset that had to be used toward Bill’s medical expenses.

Bill worked with his nurse and his own physician to determine his plan of care.

The nurse visited regularly to check on Bill and answer any questions he had about his treatments or

care, and a home health aide visited to help with a bath. Bill didn’t mind it as much as he thought he would; the aide was very professional and Bill was able to joke around with her, realizing he didn’t feel as guilty about needing assistance as he had when his wife was helping him.

Millie met a few times with the program’s social worker, who helped her talk about all the different feelings she had about Bill’s illness and the many adjustments they’d both had to make. Millie was relieved to learn her feelings were normal, and she started to feel less stressed and tearful.

Over time, Millie and Bill may use some of the many other services that are available through the Long Term Home Health Care Program (LTHHCP), including Physical Therapy, Occupational Therapy, Speech Therapy, Home Delivered Meals, Adult Day Program, home maintenance services, housekeeping, and moving assistance, to name a few.

This program is sometimes called the “nursing home without walls” program, as the goal is to prevent institutionalization, or to allow people to return to their homes after they’ve been placed in assisted living or nursing home care. Another important goal is to

prevent unnecessary hospitalizations.

For more information about eligibility criteria, please contact the Visiting Nurse Service of Ithaca and Tompkins County at (607) 273-0466 or visit online at www.vnsithaca.org.

The Visiting Nurse Service of Ithaca and Tompkins County is a community-based, free-standing, not-for-profit, Medicare Certified Home Health Agency. The Long Term Home Health Care Program is a New York State program offered in cooperation with the Tompkins County Department of Social Services.

*Not their real names; case is a composite.

**Every situation is different; please call for an assessment and complete eligibility criteria. Participants need not be married to enroll

Plant Protein Power

Protein comes in many different forms. When people think about protein, they picture beef, pork, chicken, turkey, fish, milk, cheese and eggs.

While these are all excellent sources of protein, plants also offer some protein for the diet and contribute other benefits. When used as an addition to your normal protein source, they can be quite beneficial. Some examples of plant proteins are grains such as wheat, oat bran, and quinoa. Protein can also come from vegetables, such as spinach and broccoli. Beans are another great source of plant protein; soybeans, black beans, and pinto beans are all good options. Oh, and remember being a kid and eating peanut butter and jelly all the time?

Well, go for a childhood favorite and eat some peanut butter occasionally or a handful of assorted nuts and seeds; they tend to be high in protein, as well!

Why should you eat plant-based proteins? Protein that comes from plants is a great addition to the diet for many reasons. Plant-based protein options do not have cholesterol or saturated fat and are usually cooked in water (for grains) or lightly sautéed or steamed (for vegetables). These standard ways of cooking help to decrease the fat and cholesterol content of a dish.

Whole grains are also high in soluble fiber, which helps keep arteries ‘clean’ by lowering cholesterol. The insoluble fiber found in vegetables helps in preventing constipation and can even help prevent colon cancer.

Another bonus to eating vegetables is that they are rich in vitamins and minerals (like potassium and Vitamin C) that are needed to help keep your body healthy.

Need some ideas for plant-protein recipes? For breakfast, try oatmeal with your favorite fruit and a

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Special Senior Services

Information and Referral

The Office for the Aging provides information and referral services for individuals and agencies concerning an array of issues affecting seniors. If you have questions, our staff is ready, willing and able to serve your needs. Please call the **Tompkins County Office for the Aging** at 274-5482, or visit us on the web at www.tompkins-co.org/cofa

Longview’s Adult Day Program

Longview’s Adult Day Program has become the home away from home for many Tompkins County seniors, offering companionship, recreation, safety and security. The daily fee of \$38 includes personal supervision, recreational programs, morning and afternoon snacks as well as a hot, nutritious lunch. Longview’s Adult Day Program is open from 9am to 3pm on Tuesdays, Wednesdays and Thursdays. For more information call (607) 375-6320.

Need a Break? Project CARE Might Help!

The Office for the Aging’s Project CARE program is designed to provide caregivers with a much-needed break. Project CARE matches seniors and their caregivers with volunteers who provide friendly visiting, respite, or might even be able to assist with some light housekeeping, yard work or errands. If you or someone you know would benefit from some help with the difficult work of caregiving, please contact Trina Schickel at the **Office for the Aging**, 274-5491. Additionally, if you are interested in volunteering, please call the **Office for the Aging**, 274-5491, for more information about Project CARE.

Let it Snow...

The City of Ithaca code requires property owners, homeowners and landlords to keep sidewalks clear of ice and snow, and fines can be stiff. For many seniors who need some assistance with snow removal, this creates a problem. Seniors who cannot do their own snow shoveling may be able to find folks willing to do this work for pay or as volunteers through the Tompkins County Office for the Aging (274-5482) or Lifelong (273-1511). Both agencies keep current listings of volunteer and paid help who are willing to assist seniors in downtown Ithaca as well as in rural areas of Tompkins County. If you’re having difficulty clearing your walk, please call us.

The Registry

The Finger Lakes Independence Center has administers the Registry Referral Program. The Registry Referral is a free referral services linking individuals seeking independent employment to people who need care in their home. Opportunities include: elder companion, housekeeper, run errands, do yardwork, cook, personal care aide, home care aide, LPN, RN. If you would be interested in listing your name as a caregiver, please contact Cheryl at FLIC at 272-2433. People looking for help can call and receive names of people who are willing to provide those services. The arrangements are made by the person seeking help with the person willing to provide the services. If you need assistance, please call Cheryl at FLIC at 272-2433 or email: registryatFLIC@yahoo.com. This program is made possible through funding from the **Tompkins County Office for the Aging**

Tompkins County Office for the Aging • 607-274-5482
320 N. Tioga St., Ithaca, NY 14850 • www.tompkins-co.org/cofa/

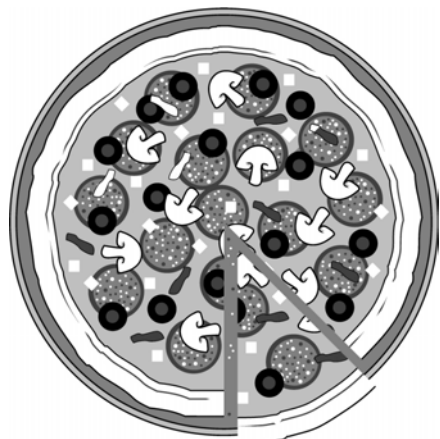
PLANT PROTEIN POWER

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sprinkle of brown sugar. Mix up the standard PB + J for lunch by adding your favorite fruit (like apples or bananas) instead of jam. You can also try a spinach, walnut, and pear salad with a touch of your favorite cheese (try goat or blue cheese on this salad). For dinner, cook up some vegetable quinoa; cook the quinoa as directed, sauté a blend of your favorite vegetables, and mix them together. Your taste buds will be very grateful! See below for a tasty sample recipe.

Green Pizza

(adapted from *eatingwell.com*)



- 1 pound prepared pizza dough, preferably whole-wheat
 - 2 cups chopped broccoli florets
 - 1/4 cup water
 - 5 ounces arugula, chopped (about 6 cups)
 - 1 1/2 cups canned white beans
 - Pinch of salt
 - Freshly ground pepper to taste
 - 1/2 cup prepared pesto
 - 1 cup shredded part-skim mozzarella cheese
1. Position oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.
 2. Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
 3. Meanwhile, cook broccoli and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in arugula and beans and cook, stirring, for 1-2 more minutes.
 4. Season with salt and pepper. (OPTIONAL).
 5. Spread pesto evenly over the crust, top with the broccoli mixture and sprinkle with cheese.
 6. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

Sarah Guilbert is a Dietetic intern working at Foodnet

Come Join Foodnet at Congregate Meal Sites!

Are you looking for someone with whom you can share a meal? Do you wish you had someone to talk to during the day? Are you age



60 or older? If so, then come join Foodnet Meals on Wheels for a hot lunchtime meal Monday through Friday. Foodnet serves approximately 70 individuals at meal sites in Tompkins County. Meals are

heart-healthy and nutritionally balanced. Many people come to enjoy the food while others join for the company and interaction with others. Whatever your reason is, come join us at noon at any of the follow-

ing locations (please call to reserve a meal):

Titus Towers Nutrition Program

800 S. Plain St., Ithaca
273-5297, 9:00am-1:00pm

Groton Nutrition Program

Center Village Court
200 W. South St., Groton
279-9145, 9:30am-1:30pm

Lansing Nutrition Program

Woodsedge Apartments
Woodsedge Drive, Lansing
279-9146, 10:00am-2:00pm

Trumansburg Nutrition Program

First Baptist Church
Seneca Road East, Trumansburg
387-3015, 9:30am-1:30pm
(Different Menu)

Menus are available at www.foodnet.org or by calling 266-9553.

EVERYONE'S AN ATHLETE

Bennett Harmon, Champion Boxer

It takes a real athlete to muscle a box of heavyweight textbooks up two flights of stairs.

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Reserve a Table at the Grandma's Attic Sale, Dec. 14

Got trinkets, treasures, household items, crafts, antiques, jewelry, and other gift-worthy items? Want to sell them? Then rent a table at Lifelong's Annual Open House and indoor Grandma's Attic sale! Tables are available on a first come, first served basis. Vendor pre-registration is required; tables are limited and early registration is encouraged. It's carry-in, carry-out – what comes into Lifelong for the sale must either be sold or go home with the seller. Contact Lifelong at 273-1511 or visit us at www.tclifelong.org for more details.

Black History Month at Lifelong

February 2012, Lifelong and the Northside-Southside Group will host a series of events, presentations, movies, and fun things to do to celebrate Black History Month.

Look in your spring Lifelong Learning catalog, or check the bulletin boards at Lifelong for upcoming event information. This series will be offered in lieu the Martin Luther King Jr. Luncheon that Lifelong has held in years past. Questions or ideas? Contact Northside-Southside coordinator Marie Hall at 273-1511 Tuesdays and Thursdays.

Receive Lifelong News by Email

Reduce printing costs and waste, and stay in touch with what's going on at your local senior center. Lifelong Learning catalogs and Retired and Senior Volunteer Program (RSVP) newsletters are now available online at www.tclifelong.org. Sign up for email updates to be alerted when these and other publications become available online, or for regular program updates from Lifelong.

Email rsvp@tclifelong.org to let us know your preferences:

- Lifelong Learning and Activities email updates
- RSVP newsletter alerts and

- monthly email updates
 - Email announcements including Lifelong Learning catalog alerts (see www.tclifelong.org home page for examples)
 - Correspondence by email only, whenever possible
- Please provide your name, mailing address, and email address.

Opportunities for Exercise Coming to Your Area

Lifelong is starting new exercise programs throughout Tompkins County. So mark your calendar, put on your comfy clothes, sneakers and bring some water. Check out the list to see classes coming to your hometown. For more information contact Lifelong at 273-1511 or jpendleton@tclifelong.org.

Enhance Fitness is an evidence-based exercise program that helps participants at all levels of fitness become more active, energized, and empowered to sustain independent lives. Classes focus on stretching, flexibility, balance, low impact aerobics, strength training

exercises, and deep breathing exercises.

You can find new classes at:

- **Dryden Fire Hall** in Dryden, NY on Mondays, Wednesdays and Fridays at 10:15am starting October 12th.
- **Newfield Gardens** in Newfield, NY on Mondays, Wednesdays and Fridays at 9:30am starting November 7th.
- **Kendal at Ithaca** in Ithaca, NY on Mondays, Wednesdays and Fridays at 9:00am starting November 7th.

T'ai Chi promotes balance, flexibility, coordination, and reduces pain. T'ai Chi is also known to lower the risk of falls, increase energy levels, enhance sleep, and reduce stress and anxiety. Using precise, fluid movements, T'ai Chi will dissolve tension, increase your strength, cardiovascular fitness, and leave you with a greater awareness, calmness, and overall sense of wholeness.

You can find new classes at:

- **Lansing Library** in Lansing, NY on Tuesdays at 11:30am starting October 11th.
- **Lifelong** in Ithaca, NY on Wednesdays at 7pm



You are invited:

**Lifelong Holiday
Open House &
Grandma's Attic Sale**

Wed, December 14
11:00am-3:00pm
119 W. Court St



Lifelong's Holiday Open House this year will feature the return of a beloved Lifelong tradition – in a new season. Visit Lifelong December 14 to shop gift-worthy handmade and gently used items for sale by Lifelong members.



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Change in Activity Fees at Lifelong

As you may know, Lifelong's Board recently increased the Lifelong Activity fee to \$5 per session and made it a fee rather than a suggested donation. At a membership forum on this topic, participants said they want a scholarship option for those who cannot afford the higher fee and a more convenient payment schedule.

We heard you, and we are pleased to announce a new Monthly/Yearly Fee Option and scholarship benefit:

Participants may complete a Lifelong Activity registration form to pay by month, for multiple months at one time, or for the year (12 months)

Unlimited activities cost \$20/month for Lifelong members and \$25 for nonmembers; or a discounted \$200/year for Lifelong members

For scholarships, participants must attest that their income falls within scholarship limits each year

If you want to try an Activity or just drop in, you can pay \$5 per session without registering by the month

Board members have been visiting Lifelong Activities to talk with you directly about these changes. Please see the Activity Registration Form at www.tclifelong.org or contact Jillian Pendleton at jpendleton@tclifelong.org or 273-1511 for more information.

Medicare Open Enrollment Clinics at Lifelong

By Diane Dawson,

Executive Director/HIICAP Coordinator

The open enrollment, or annual election period, for Medicare is earlier this year. The new dates are October 15 through December 7, 2011.

This is a time when all seniors may review their health care needs and change from Original Medicare (A & B) to a Medicare Advantage Plan or from a Medicare Advantage Plan back to Orig-

inal Medicare. You also can change from a Medicare Advantage Plan without prescription drug coverage to one with drug coverage.

You can join a Part D prescription drug plan, change from the one you currently have to a different plan, or drop your prescription drug coverage. Any changes made between October 15 to December 7 will take effect on January 1, 2012. Those happy with their current health care coverage do not need to make any changes. EPIC members will be required to have Medicare prescription drug coverage effective January 1, 2012, to continue their EPIC member benefits.

Lifelong will be hosting first-come, first-served walk-in clinics at Lifelong, 119

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Home visits are available for taxpayers who are medically unable to travel, call **273-1511**



Tax Counseling for the Elderly is sponsored by Lifelong and the Retired & Senior Volunteer Program (RSVP) with a grant from the Internal Revenue Service.

MEDICARE
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West Court Street, on the dates and times listed below. No appointment is necessary.

Trained volunteer counselors will be on hand to assist you with your questions. We strongly urge everyone to bring with them to the clinic his/her Medicare card, all other health care or prescription drug cards, and a listing of all the prescription medications you take, including the exact name of the drug on the bottle, the number of milligrams and how frequently you take the medication.

Please do not miss this once a year opportunity to review your health care needs and let the trained counselors at Lifelong assist you. Those new to Medicare, and others with issues before open enrollment, can make individual appointments for our weekly Wednesday morning counseling sessions by calling Lifelong at 273-1511.

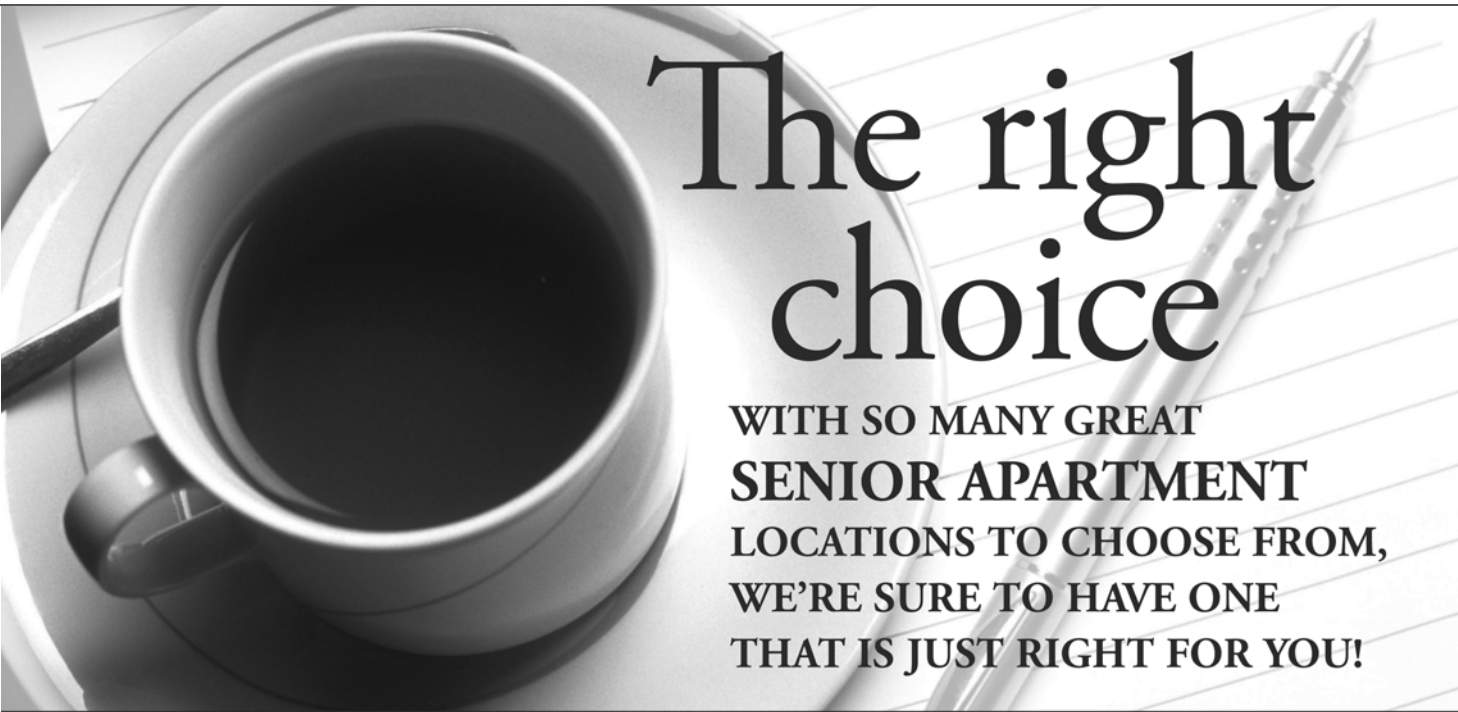
Lifelong Medicare

Open Enrollment Clinics:

- Monday, November 7, 1 to 3 p.m.
- Wednesday, November 16, 9:30 to 11:30 a.m.
- Monday, November 21, 9:30 to 11:30 a.m.
- Wednesday, November 30, 9:30 to 11:30 a.m.
- Monday, December 5, 9:30 to 11:30 a.m.

Also, learn to enroll in a Medicare Part D plan yourself using Medicare.gov PlanFinder with guidance from volunteers at the Lifelong Computer Lab on the following dates:

- Nov. 2, 1 - 3 p.m.
- Nov. 11, 10 a.m. - noon
- Nov. 18, 10 a.m. - noon
- Dec. 1, 10 a.m. - noon



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Write us at Lifelong, attn.: Sue Capista, 119 W Court St, Ithaca, NY 14850 or email us at scapista@tlifelong.org. Thank You!



Volunteer News

RSVP


Volunteers (back) Beth Hulbert, Nancy Zahler, Amber De Jong, and (front) Marty Moses.

Cayuga Ridge Volunteer Response

On September 7, Riverview Manor nursing home in Owego was flooded after heavy rains from Tropical Storm Lee. Nursing home residents waited three days without power before they were evacuated by the National Guard. Ithaca's Cayuga Ridge opened a vacant wing for 62 evacuated residents. Retired volunteers have played a key role in organizing support for these evacuees.

"I couldn't leave. These people were older than me, much weaker than me, and in crisis," said Marty Moses, RSVP volunteer. Marty read about Owego and called 2-1-1 to see how she could help. She was among the first volunteers to arrive at Cayuga Ridge, and stayed for 10 hours the day Riverview residents arrived. Marty observed staff preparing rooms and jumped in. As other volunteers arrived, she kept track of what the nurses needed and helped direct volunteers.

Residents were transported from Owego to Ithaca by fire departments, school buses, and the National Guard. Most arrived in wheelchairs and stretchers. As Cayuga Ridge staff admitted residents, Riverview staff came to help get them settled, despite the flooding back at home. Volunteers greeted the travel-weary residents with much-appreciated snacks and drinks.

The 62 residents' arrival to Ithaca spurred an influx of volunteers. Nancy Zahler heard about the incoming residents and decided to volunteer however she could. She discovered that she could use her administrative experience to coordinate volunteers with Marty. Suzanne Bakert and other Cayuga Ridge administrators have embraced volunteers' self-organized response. As of Sept 30, Nancy and Marty have oriented approximately 60 volunteers. Nancy says, "It's amazing to see the openhearted

generosity of people who stepped up. Across the spectrum, many with specific ties to Owego, others that said, 'Oh my gosh, people really need help.' " One of the ways RSVP volunteers have pitched in is by crocheting over 25 lap blankets for residents.

Volunteers like Cornell retiree Toni Rosenbaum make a difference day by day for the new residents: "The way we can help most is talking and visiting. I've been there at lunch, we help deliver trays and uncover food. We can take folks in wheelchairs to activities downstairs. The longer we're there, the more we're able to see what can be done and the busier we get." Toni has started to find out residents' interests. She brings newspapers, collects magazines from friends, and even picked wildflowers for one resident who is a flower-arranging enthusiast.

A month into their stay, Riverview residents are adjusting to life at Cayuga Ridge. Cayuga Ridge and Riverview nurses, aides and administration are working together to make them comfortable. Family visitors from Owego have begun making the trip to Ithaca, despite their own flood damage. The surge of short-term volunteers is transitioning into a sustained effort. Riverview has not yet set a date to reopen. Many residents can benefit from volunteer visits, especially if they do not have family members coming in. If you would like to volunteer in a nursing home, please contact RSVP (273-1511) for more information about current needs.

RSVP Honors Senior Volunteers

Retired and Senior Volunteer Program (RSVP) volunteers gathered on November 5, 2011 to celebrate another year of service to Tompkins County. The Clarion Hotel hosted a reception with hors d'oeuvres, door prizes from local businesses, and presentations from

thankful not-for-profit agencies. The work of senior volunteers in our community makes many important services possible! Between October 2010 and September 2011, 452 RSVP volunteers contributed over 63,000 hours of service. According to Independent Sector estimates for the value of volunteer hours, this service is valued at over \$1.7 million for Tompkins County.

Six RSVP volunteers were recognized for their outstanding efforts at local agencies: Pris Glenn and Joseph Hartnett-Hughes for their service at Lifelong; Dick Tabor and Virginia Pepitone for their service at Tompkins County Public Library; Tom Weiler for his service to Tompkins Learning Partners; and Helena Van Dyke for her service at Loaves and Fishes. RSVP would like to thank all senior volunteers for sharing their time and talents with the local community!

Volunteers Advocate for Vulnerable Seniors

Are you interested in using your time and talents to help people have a stronger voice in their lives? The **Tompkins County Office for the Aging** is looking for volunteers to serve as certified Ombudsmen to improve the quality of care and quality of life for residents who live in long term care facilities.

Certified Ombudsmen visit residents, investigate and resolve complaints, and use their skills to advocate for the rights of residents in nursing homes and other long term care facilities.

Ideal candidates for this important position will:

- Meet the minimum age requirement of 21 years.
- Commit to volunteering 4 Hours per week for at least 1 year.
- Attend and participate in 36 hours of basic training.
- Have good communication and interpersonal skills.

If you would like to volunteer, please contact Suzanne Motheral, **Tompkins County Office for the Aging**, 274-5498.

Six Reasons to Become an Ombudsman

Lilly Hartman, RSVP Director at Lifelong, explains why she joined the Ombudsman program as a volunteer-in-training this October. See if you can identify 6 reasons she decided to become an Ombudsman:

Grambob was with me every day after school, helped with homework, knew my friends, and ate dinner with us when my parents got home. Now that I've found a great position and learning opportunities at Lifelong, I am absorbing everything I can about financial, legal, and health concerns in later life so I can make sure he is well cared for. All that information is also helpful for becoming a well-rounded resource person for seniors.

My parents have trusted me to lend support as two grandparents transitioned to nursing home care this past year. It's really complicated to enter, pay for, and understand what's going on in nursing homes! Without family really looking after you, or the ability to speak for yourself, I think you'd really appreciate having someone to visit and advocate for you when you're living in a long term care facility. Once you visit someone in a nursing home, it's clear that while you may care about that one person in particular, that everyone there deserves attention and quality of life.

A week before I applied to become an Ombudsman, I visited my grandmother and it felt really good when I was able to help someone:

My grandmother was eating dinner next to a lady who leaned over to me and told me that her cane was stolen. From visits to another grandmother years ago, I remember how common it was for residents to lose personal things in a memory care unit. I asked her about the cane she had with her, was it working okay as a substitute? She showed me the handle had splinters. I asked would she mind if I tried to fix it? She seemed okay with that. I jogged to the nurse's station and asked if they had some medical tape. The nurse found band-aids and Scotch tape, but didn't have medical tape. I explained, "a lady in the dining room has a cane with splinters. Would it help to wrap it like a hockey stick? Her skin seems more fragile than mine." The nurse asked to see the problem. As I turned around I saw the lady from the dining room had followed me out and was now sitting in the hall. After taking a closer look, the nurse went to a closet and came back with the right stuff. She wrapped the cane handle and returned it to the lady. I'm not sure if that was a long-term fix, but the lady was delighted. I thanked the nurse for helping, both then and on my way out.

How do you think a trained ombudsman would have handled the "stolen cane" situation differently? You'll have to call Lilly at 273-1511 or Suzanne Motheral at 274-5498 to find out...

SENIOR FOCUS
from page 9

in the 1970s, and as their stigma was even more powerful than it is today, Millye did not feel comfortable trusting many people with this private information. And so, the tables turned, as Carmela began to make sacrifices for Millye. She left her job as an Assistant Insurance Broker in order to take care of Millye and her children. Over the next 20 years, Carmela worked on and off depending on Millye's mental and emotional well being.

In 1987, Millye's husband succumbed to cancer after a two-year battle with the illness, so Carmela's responsibilities to the family increased significantly. To make matters tenser, Millye's physical health began to decline. Years of dealing with the stress of mental illness and smoking contributed to her health issues. In 1990, Millye suffered two heart attacks, the second one fatal, as she died on Christmas Day. Carmela was now at a crossroads, as Millye's sons were all young adults and she was out of work for years.

Carmela courageously decided to go back to work at the age of 58 in 1991. After years of being a caregiver, Carmela took the plunge and accepted an offer for full-time employment at a major insurance company in midtown Manhattan. This meant working in an environment that she was absent from for many years, commuting, and then coming home to make dinner and the like for the three nephews who still lived with her. She embraced the challenge, reconnected with the work world and explored Manhattan with new and old friends, alike.

Years later, in the summer of 2001, Carmela and her nephews de-

cided that it was time to sell Millye's house and for everyone to go their own way. As painful as it was to make this decision, eventually everyone agreed that it needed to happen. For the first time in her life, at 68 years old, Carmela lived alone in a one-bedroom apartment and continued to commute to Manhattan for work. This continued for a few more years, and then the calls from her nephew to consider moving into his home with his wife and family started to increase.

Eventually, Carmela succumbed and agreed to move from New York City to Ithaca, New York. As you might imagine, it was a bit of an adjustment at first, but considering her remarkable resiliency, she has once again been able to carve her mark in yet another community. Her days are now filled with helping to care for her two grandnieces (really grandchildren!), volunteering at Lifelong, taking classes at Lifelong, shopping, and watching movies.

In speaking with Carmela, it is obvious that she has been able to remake herself time and again. Her ability to accept tragedy and change continue to amaze those around her, as many did not think she would enjoy the change from big city to small city. Every day, she says, she finds several reasons to smile, for even in the dead of winter in Ithaca, Carmela says, she still expects the sun to shine. And it seems to do so wherever she goes.

Recently, Carmela was diagnosed with stenosis, a painful arthritic condition that prevents many seniors from getting around. Carmela barely mentions the condition, let alone complain about it. With her resiliency, it is clear that the condition will be merely another bump in the road in her amazing life of adventure and sacrifice.

How Food Stamps Work and How to Apply (Foodnet Can Help)

Hello everyone!! This is Betsy Spencer, Nutrition Outreach Worker from Foodnet Meals on Wheels, again. Last time we discussed Food Stamps and why they can be helpful. Today I would like to talk to you all about the actual process of applying for Food Stamps, as well as try to shed some light on a few common misconceptions of the program.



Nutrition Outreach Worker, Betsy Spencer (r) with Wanda Sartwell. Betsy will come to your home and help you apply for SNAP benefits (Food Stamps).

Did you know that the Food Stamp program has been around since 1939? Impressive, I know! Since that time, the program has grown and evolved making it even more effective. One way the program has changed is the manner in which people redeem their benefits. It used to be, each person actually carried around a book of "stamps", with each color representing a different value. Now the process is much more discrete. Food Stamp benefits are electronically loaded into a personal account for you each month- meaning no paper stamps to carry around! A good way to think of this would be to consider the food stamp benefits being loaded into a bank account by direct deposit from the federal government, monthly.

The beneficiary (whoever's name is on the account) has access to the funds with a special type of debit card. This debit card, called an Electronic Benefit Transfer or EBT card, is used to make food purchases- instead of using the traditional stamps at the checkout. When going to the store to for groceries, just swipe the card at the register like a debit card. Then you will need to enter in your assigned Personal Identification Number. You receive a receipt at the end of

each transaction which states the balance remaining on the account. The funds roll over from month to month, so there is no need to stress about having to use them up in any given month. If you don't need all of them, that's ok. It just means that you will have more for the next month.

After the Department of Social Services has your application, our part of the work is done. Within 5 days of dropping off the application, someone from DSS will contact you by telephone to verify the information on the form. Then, within one month, you will receive a letter telling you that you have either been denied or approved for benefits. If you are approved the

letter will also state the amount of monthly benefits you can expect to receive. For those approved, the Electronic Benefits Transfer card (debit card) will arrive in the mail as well as a separate PIN number to use, just like when you open a checking account and receive the debit card and PIN in the mail.

If you think you may qualify but are still hesitant know this: food stamps *help* the economy. Did you know that Food Stamps not only give entire families, people with disabilities, and senior citizens an opportunity to purchase healthier food, but it also stimulates the economy? Studies have shown that for every dollar invested in food stamps, \$3.25 is saved in health care costs!

Also, the U.S. Department of Agriculture reports that every \$5 in new food stamp benefits stimulates \$9.20 in total community spending. That's a lot to give back each time you use your EBT card! Your Food Stamp benefits are very versatile too: you can use them at participating local farmers markets and help support local farmers. If you are a Foodnet Meals on Wheels participant, you can make a contribution using your food stamp benefits.

How does one apply for Food
continued on next page

Alzheimer's Caregiver Support Group



Join fellow caregivers for a monthly informal meeting. A light chef prepared lunch will be served. Companion care for your loved one may be available. Please call for details.

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839 Bennie Road | Cortland, NY 13045
(607) 756-8101 | www.seniorlifestyle.com



FOOD STAMPS

from page 10

Stamps? Applications can be picked up at the Department of Social Services at 320 W. Seneca St, Ithaca, between the hours of 8:30 am and 4:30 pm. You can also call and have an application mailed to you if you prefer. The telephone number for the Department of Social Services is 607-254-5252. Along with the completed application, you will need to provide copies of certain documents such as your social security card, a statement of income received monthly (a bank statement will do), and any monthly bills (housing, utilities, property taxes, and don't forget

those recurring medical bills). If you find getting out and going downtown difficult or you are having problems with the application, I can help! Part of my job as the Nutrition Outreach Worker is to help with these applications. I regularly go to homes who contact me for assistance, help find documents, make copies right there on the spot, and drop the application off the same day.

Hopefully this helps take some of the mystery out of the application process. If you have any questions, or would like me to help with the application process, please call me at 607-266-0654. I look forward to meeting you!

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